



BONHOMME RICHARD'S ALMANAC

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"I have not yet begun to fight!"



MCCAIN UNITES GOP BY ENDORSING BUSH

By Frank Bruni

Citing common goals and shared values that transcended any of the bitterness between them, Sen. John McCain at last endorsed Gov. George W. Bush and pledged to help the Republican presidential nominee achieve what McCain had wanted so badly for himself: a seat behind the desk in the Oval Office.

"I look forward to enthusiastically campaigning for Governor Bush for the next six months," McCain said at a news conference that was attended by more than 100 members of the news media, a reflection of just how unpredictable and closely watched the interactions between the Arizona senator and the Texas governor had become.

"I believe that it's very important that we restore integrity and honor to the White House," McCain said. "I'm convinced that Governor Bush can do that more than adequately."

McCain's formal endorsement allowed Bush to lay claim to a unified party, to put an important piece of unfinished business behind him and to reach out to independent and swing voters with the blessing of McCain, who had held a potent allure over that group in the primaries.

Aides to Bush and McCain and political analysts said just how much work McCain would do on Bush's be-

half remained unclear. McCain's often tepid demeanor at the news conference only heightened those questions.

He did not actually use the word "endorse" until reporters pressed him. At that point, McCain made something of a comedy routine, saying: "I endorse Governor Bush. I endorse Governor Bush. I endorse Governor Bush."

McCain also made clear that he had no interest in the vice presidency.



Aviation Boatswain's Mate (Fuels) Third Class Sharee Adkinson (left) and Aviation Boatswain's Mate (Fuels) Second Class Thomas Fairfull of V-4 Division lift up the purifier disc stack in order to move it and place it back in the JP 5 purifier. The JP 5 purifier and its equipment are cleaned weekly as part of a preventive maintenance check. (Photo by JO1 (SW) Robert W. Garnand.)

INTERNATIONAL/NATIONAL NEWS

AUTHORITIES RELEASE SUSPECT FOR NOW IN COMPUTER VIRUS CASE

By **SETH MYDANS**

A bank employee was released Tuesday for lack of evidence after being held overnight as a suspect in the creation of a computer program that has disrupted computer traffic around the world.

But officials said he must reappear in 10 days to answer charges and that they were examining a list of 10 names provided by the FBI as possible suspects.

All the names are linked to a computer college in Manila where an official said that a student had earlier written a password-stealing program similar to the destructive program that has caused tens of millions of dollars of damage in at least 20 countries last week.

The 10 names apparently include the bank employee, Reonel Ramones, 27, and his roommate, Irene de Guzman, who failed to turn herself in as promised Tuesday to the National Bureau of Investigation.

CUBAN AMERICANS IN CONTROL

By *The New York Times*

The mayor of Miami, Joe Carollo, a Cuban-American incensed by a federal raid to seize Elian Gonzalez, has virtually remade city hall distinctly Cuban.

Carollo, has named Carlos Gimenez, a Cuban-American who was the fire chief, to be city manager. The move came just a little over a week after Raul Martinez, also a Cuban-American, was named to replace the police chief.

STOCK REPORT

The Nasdaq composite index dropped 84.37 points, or 2.3 percent, to 3,585.01, after dropping 147 points, or 3.86 percent, on Monday. The Dow Jones industrial average closed down 66.88 points, or 0.6 percent, at 10,536.75. The Standard & Poor's 500-stock index fell 12.03 points, or 0.8 percent, to 1,412.14.

BONHOMME RICHARD'S ALMANAC

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FRIDAY'S STE TV SCHEDULE

CHANNEL 2

1030 SABRINA, THE TEENAGE WITCH

1100 GREMLINS 2, A NEW BATCH

1630 THE PRACTICE

1730 JEOPARDY

1800 BEVERLY HILLS 90210

1900 JUDGING AMY

2000 GREAT EXPECTATIONS

2200 WISHMASTER

CHANNEL 6

1030 KING OF THE HILL

1100 THEY WERE EXPENDABLE

1630 A NIGHT AT THE ROXBURY

1800 SEVEN YEARS IN TIBET

2020 IDEAL HUSBAND

2200 DEEP IMPACT

**TV SCHEDULE SUBJECT TO CHANGE
DUE TO OPERATIONAL COMMITMENTS**

INTERNATIONAL/NATIONAL NEWS

THAI BOY'S ADVOCATES FILE SUIT, BLOCK HIS RETURN TO THAILAND *By BARBARA WHITAKER*

Members of the Thai community in Los Angeles blocked the return of a 2-year-old boy to Thailand Tuesday as they sought custody safeguards similar to those afforded Elian Gonzalez, the Cuban boy whose case has inflamed passions in Miami.

The child, Phanupong Khaisri, was taken into custody on April 11 by the Immigration and Naturalization Service, which said he was being used as a decoy by a smuggling ring bringing women into the United States. The boy had arrived in Los Angeles under a false name with a man and woman pretending to be his parents.

The Thai government, working with the immigration service, had intended to return the boy to Thailand Tuesday.

But advocates refused to give the boy to Thai officials and filed suit in federal court in Los Angeles to delay his return.

The boy had been placed with a social worker through the Thai Community Development Center, a non-profit organization that serves Thai residents in Southern California.

According to the lawsuit, the boy's mother was sold into sexual slavery at the age of 12, and Phanupong had been in the care of his maternal grandmother until February, when his mother sold him for about \$260.

PEACE GARDEN DEDICATED AT PRESIDENT REAGAN'S ALMA MATER *By The New York Times*

Thousands gathered Tuesday at Eureka College in Illinois, Presi-

dent Ronald Reagan's alma mater, to dedicate a new garden commemorating a visit Reagan made here in 1982.

During that visit, he proposed that the United States and the Soviet Union begin reducing their nuclear arsenals. This proposal helped to end the Cold War.

The Ronald Reagan Peace Garden, which commemorates the end of the Cold War, contains a bronze bust of President Reagan and a 5-by-4-foot piece of the Berlin Wall.

JACKPOT IN 7-STATE 'BIG GAME' LOTTERY CLIMBS TO \$350 MILLION *By KATHERINE E. FINKELSTEIN*

Undaunted by the slim odds of Tuesday night's draw, people rushed to join a ticket-buying frenzy for the largest potential jackpot in the history of lotteries: \$350 million.

The chances of hitting a winning ticket for the seven-state lottery called "The Big Game," which is sold in Georgia, Illinois, Maryland, Massachusetts, Michigan, New Jersey and Virginia, were one in 76 million, said Tandi Reddick, a spokeswoman for the Georgia Lottery Corporation.

But that did not slow people intent on a chance at the jackpot. New Yorkers flocked over the bridges and through the tunnels to New Jersey Tuesday, to buy the \$1 tickets in anticipation of the drawing.

If a single person wins this jackpot, after taxes they will receive either \$8.9 million a year for 26 years, or a one-time payment of \$114 million.

Previously, the largest American jackpot was \$295.7 million, drawn in a Powerball lottery by 13 machinists in Westerville, Ohio, in 1998.

SPORTS

WARD GUIDES KNICKS FOR THREE QUARTERS PAST HEAT TO EVEN SERIES

By **SELENA ROBERTS**

Charlie Ward, for three quarters, carried the Knicks when Patrick Ewing, Allan Houston and Latrell Sprewell could not find the basket as the Heat hovered over their every move. For three quarters, Ward popped 3-pointers to puncture the spirits of the Heat players.

After he gave his team a nice lead, Ward stepped aside and let his teammates frolic in the fourth quarter. It was almost too much for them to handle. After some flashy dunks by Sprewell and the late arrival of Houston's jumper, the Knicks built an 18-point, fourth-quarter lead, only to allow the Heat to close within 7 points before ending the suspense with an 82-76 victory at American Airlines Arena.

That evened the best-of-seven, second-round series at one game each and stole the Heat's precious home-court advantage in the process.

Ward ended the game five for 10 with 13 points. Although the Knicks shot just 35 percent, they held the Heat to 34 percent.

YANKEES BEAT DEVIL RAYS IN 10TH

By **Associated Press**

Chuck Knoblauch doubled to set up Paul O'Neill's bases-loaded walk in the 10th inning as the New York Yankees beat Tampa Bay 4 to 3.

Other American League scores:

Chicago White Sox	6	Boston	0
Toronto	6	Baltimore	4

National League scores:

Montreal	3	Philadelphia	2
N.Y. Mets	2	Pittsburgh	0
Cincinnati	2	San Diego	0
Atlanta	10	Florida	5

FLYERS WIN TO ELIMINATE PENGUINS

By **Associated Press**

The Pittsburgh Penguins historically can't win in Philadelphia. The Flyers are in the Eastern Conference finals largely because the Penguins now can't beat them in Pittsburgh. Mark Recchi and John LeClair set up each other for goals and the Flyers eliminated the Penguins 2-1 in the Eastern Conference semifinals.

The Flyers went 3-0 in Pittsburgh, winning their fourth straight, to win the series 4-2. They are the 13th NHL team to win a series after falling behind 2-0 at home.



Airman Matthew Rogers (left) and Aviation Boatswain's Mate (Fuels) Second Class Douglas Lee of V-4 Division put the purifier disc stack back in the JP 5 purifier. (Photo by J01(SW) Robert W. Garnand.)

CHOLESTEROL

There is much confusion about the role of cholesterol. It is a word that is frequently used with little understanding of what it is and how it relates to complete health.

Cholesterol is essential to life. It is produced in the liver, which manufactures about 1,000 milligrams of cholesterol daily. It is used in the outer membranes of cells, provides a fatty protective jacket around nerve fibers, and serves as a building block for certain hormones. The cholesterol molecule is part of the structure of bile acids. Bile acids are produced in the liver, stored in the gallbladder, and later involved in the digestion and absorption of fat in the digestive tract. In the skin, cholesterol is made into vitamin D with the aid of sunlight.

Cholesterol is carried by 2 main types of proteins in the blood, high-density lipoproteins (HDL) and low-density lipoproteins (LDL). In simple terms, LDL takes cholesterol into the system and HDL clears cholesterol out of the system. The distinction between the two can be easily remembered by thinking of LDL as "lousy" and HDL as "healthy". High levels of LDL are considered dangerous, because most of the cholesterol in the blood is carried by this protein. LDL act as the vehicles that helps to deposit cholesterol on arterial walls, contributing to the buildup of plaque associated with cardiovascular disease, specifically arteriosclerosis. LDL cholesterol levels in the blood are increased by the intake of saturated fat, and decreased by polyunsaturated and monounsaturated fat intake.

HDL carries less cholesterol. As it circulates through the blood stream, HDL picks up cholesterol in the blood and returns it to the liver to be reprocessed or excreted. HDL cholesterol levels in the blood are decreased by the intake of polyunsaturated fats and remain unchanged with an intake of monounsaturated fats in the diet. For good health, it is beneficial to maintain a high level of HDL in the blood, so it is beneficial to use monounsaturated fats that decrease LDL and have no effect on HDL.

There are many factors, such as smoking, body weight, heritage, and stress, that are involved in the cause of elevated blood cholesterol levels. It is important to determine individual risk by having a blood cholesterol test done by a physician before initiating a cholesterol reduction program. It also may be appropriate to include an evaluation of the blood HDL and LDL values. The National Institute of Health (NIH) Consensus Panel in 1984 stated that as a rule of thumb, persons under the age of 30 should have total blood cholesterol levels less than 180 mg/dl and those over 30 years, less than 200 mg/dl. The measurement mg/dl refers to the milligrams of cholesterol in one-tenth of a liter (deciliter/dl) of blood.

DIET AND CHOLESTEROL

Our Nutritional Guidelines for Cooking recommend that dietary cholesterol intake be limited to less than 300 milligrams daily. Rather than focusing solely on dietary cholesterol, research has found that the most influential components affecting blood cholesterol levels are total dietary fat and saturated fat. The foods highest in total fat that raise LDL include fatty meats, cream, most cheeses, other high-fat dairy products, fast foods, processed foods, and sweets. Among those that have been found to lower LDL cholesterol levels are monounsaturated fats (olive oil and canola oil) and polyunsaturated fats (fish oils and some other vegetable oils.)